



# Fact Sheet

South Carolina Department of Health and Environmental Control • [www.scdhec.gov](http://www.scdhec.gov)

## Diabetes in South Carolina

### **S.C. ranks 10th highest in the nation in the percent of population with diabetes**

- Approximately 1 in 8 African-Americans in South Carolina has diabetes – the 16th highest rate of diabetes among African-Americans in the nation.
- The prevalence of diabetes increases with age – a dramatic increase can be seen among those 45 years of age and older.
- Diabetes is the seventh leading cause of death in South Carolina after heart disease, cancer, accidents, stroke, chronic lower respiratory disease and Alzheimer's.
- In 2006, three to four people died each day from diabetes – that is one death from diabetes every 7 hours, 33 minutes.
- About 70 percent of adults with diabetes have high blood pressure.
- Uncontrolled diabetes can lead to many complications including blindness, kidney failure, heart attacks, strokes and amputations.

### **Healthcare Costs**

- In 2006, the total amount for hospital charges related to diabetes diagnosis in South Carolina was \$199.5 million.
- Medicare and Medicaid paid for more than two-thirds of this cost.
- Diabetes hospital costs have increased by 50 percent in the past five years in South Carolina.

### **Who needs to be tested for diabetes?**

Everyone needs to be tested for diabetes beginning at age 45. Earlier testing is recommended if you are overweight and have certain risk factors such as:

- Physical inactivity
- First-degree relative with diabetes
- Members of a high-risk ethnic population (African-Americans, Hispanics or Native Americans)
- Hypertension
- Elevated LDL cholesterol or triglyceride level
- Women with polycystic ovarian syndrome, history of cardiovascular disease or gestational diabetes

## Types of Diabetes:

**Type 1 Diabetes** – Usually diagnosed in children and young adults. The body does not produce insulin. People with type 1 diabetes must take insulin injections.

**Type 2 Diabetes** – The body does not produce enough insulin and/or the body cannot properly use insulin. When glucose builds up in the blood instead of going into cells, the complications of diabetes can occur over time. Type 2 diabetes in children is on the rise due to the childhood obesity epidemic, particularly in African-Americans and Hispanics.

**Gestational Diabetes** – Pregnant women who have high blood glucose levels have gestational diabetes. They are more likely to develop type 2 diabetes years later.

**Pre-diabetes** – Before people develop type 2 diabetes, they almost always have “pre-diabetes.” People with pre-diabetes are at higher risk of cardiovascular diseases. However, you can delay or prevent the onset of type 2 diabetes by eating healthily and being physically active.

Your doctor can do a simple blood test to determine if you have diabetes. A fasting blood glucose level between 100 and 125 mg/dl signals pre-diabetes. A fasting blood glucose level of 126 mg/dl or higher diagnoses diabetes.

### *The American Diabetes Association recommends that people with diabetes should:*

Have an eye exam every year	Have a foot exam every year, examine your feet daily
Have an A1C test at least twice a year	Have your blood pressure checked regularly
Get regular dental exams	Have your cholesterol checked at least once a year
Get a flu shot every year	Check your blood sugar regularly
Get a pneumonia shot at least once in a lifetime	Complete a diabetes self-management education course

### Important points to remember:

- People with diabetes can live long, healthy lives when their diabetes is properly managed.
- Diabetes can be prevented or delayed by eating healthily, being physically active, not smoking and losing 5 to 10 pounds.
- The complications of diabetes can be prevented when the person with diabetes manages their diabetes. This includes eating healthily, being physically active, not smoking, taking medication as prescribed and managing stress.

**Source List:** 2007 Behavior Risk Factor Surveillance Survey, 2007 American Diabetes Association (ADA), DHEC SCAN (South Carolina Community Assessment Network), ADA 2009 Clinical Recommendations

For more information on diabetes prevention and management, please contact:

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